



Slim Down Sandy 2009 Weekly One Mile Walks



Day	Date	Time	Location	Description
Saturday	April 4	9 – 11 am	Lone Peak Park - Indoor Pavilion - 10140 S. 700 E.	Final Enrollment, Weigh-In, & Walk (2 loops = 1 mile)
Monday	April 6	6:30 – 7:30 pm	Storm Mountain - 1000 E. 11400 S.	Walk (2.25 laps = 1 mile)
Monday	April 13	6:30 – 7:30 pm	Falcon Park - 9200 S. 1700 E	Walk & Calorie Confusion Nutrition Talk (2 loops = 1 mile)
Monday	April 20	6:30 – 7:30 pm	Willow Creek Park - 8400 S. 2000 E. Limited parking	Walk & Portion Distortion Nutrition Talk (2 loops = 1 mile)
Monday	April 27	6:30 – 7:30 pm	Alta Canyon - 9565 S. 2000 East	Walk & Emotional Eating Nutrition Talk (2 loops = 1 mile)
Monday	May 4	6:30 – 7:30 pm	Quarry Bend Park - 9020 S. Quarry Bend Parkway	Walk (1 mile)
Monday	May 11	6:30 – 7:30 pm	Lone Peak Park - Indoor Pavilion - 10140 S. 700 E.	Gold Medal Mile & Family Night @ the Skate- park Walk & Calorie Confusion Nutrition Talk (2 loops = 1 mile)
Monday	May 18	6:30 – 7:30 pm	Hidden Valley Park - 11700 S. Wasatch Blvd.	Walk (1 mile around park)
Tuesday	May 26	6:30 – 7:30 pm	Bell Canyon Park - 11400 S. 1700 E.	Walk & Portion Distortion Nutrition Talk (2 laps = 1 mile)
Monday	June 1	6:30 – 7:30 pm	Aspen Meadows - 2100 E. 8680 S.	Walk (5 laps around path = 1 mile)
Monday	June 8	6:30 – 7:30 pm	Flat Iron Mesa Park - 1700 E. 8600 S. - Upper pavilion	Walk & Calorie Confusion Nutrition Talk 1 mile
Saturday	June 13	9 – 10 am	Lone Peak Park- Indoor Pavilion -10140 S. 700 E.	Weigh-outs, Awards, Prize drawings (No walk)

- Look for the Slim Down Sandy banner to **check-in** each walk to be eligible for prizes
- Watch for **health tips and handouts** at each walk to help keep you motivated on nutrition and fitness
- Please wear **tennis shoes and comfortable clothes** that you can walk in
- Be sure to keep track of your progress on your **points card**

Please visit www.sandy.utah.gov/slimdown for more information or contact
Michele at 801-568-4602 with any questions you may have